

Claims

What is claimed is:

1. An exercise device comprising:
 - a vertical support member;
 - a guide slidably engaged with the vertical support member;
 - at least one rail having a first end portion and a second end portion, the first end portion of the rail being pivotally connected to the guide; and
 - an actuation mechanism operably connected to the guide and configured to selectively vary the inclination of the rail.
2. The exercise device of claim 1, wherein the actuation mechanism includes a lead screw assembly mounted adjacent the vertical support member.
3. The exercise device of claim 2, wherein the lead screw assembly includes a lead screw and a bi-directional motor having a motor shaft.
4. The exercise device of claim 3, further comprising a threaded member mounted to the guide, the threaded member being configured to engage the lead screw for axial movement of the threaded member along the lead screw in response to rotation of the shaft.
5. The exercise device of claim 1, further comprising a controller electrically connected to the actuation mechanism and an input device, the controller being configured to operate the actuation mechanism in response to a control signal from the input device.
6. The exercise device of claim 5, wherein the input device includes a switch electrically connected to the controller.

7. The exercise device of claim 5, wherein the controller includes a wireless receiver and the input device includes a wireless emitter to transmit the control signal to the wireless receiver of the controller.
8. The exercise device of claim 7, wherein the exercise device includes at least one handle and the input device is positioned on at least one handle.
9. The exercise device of claim 7, wherein the input device is a remote control.
10. The exercise device of claim 7, wherein the control signal is transmitted from the wireless emitter to the wireless receiver of the controller via transmission means selected from the group consisting of infrared transmission, radio frequency transmission, and bluetooth transmission.
11. The exercise device of claim 1, wherein the actuation mechanism is adjustable from a location remote from the exercise device.
12. A variably configured exercise device comprising:
 - means for supporting an exerciser above a floor;
 - an actuation mechanism configured to adjust an orientation of the supporting means relative to the floor during an exercise routine;
 - an input device configured to generate a control signal from a location remote from the exercise device; and
 - means for controlling the operation of the actuation mechanism in response to the control signal from the input device to thereby adjust the orientation of the supporting means relative to the floor.
13. The exercise device of claim 12, wherein the adjustment of the orientation of the supporting means varies an amount of resistance to the exerciser during an exercise routine.

15. The exercise device of claim 12, wherein the actuation mechanism includes a motor-driven linear actuator includes a motor, an elongate lead screw driven by the motor, and a drive element attached to the guide and threadedly associated with the lead screw to raise or lower the first end of the rail when the motor is operated to rotate the lead screw.
16. The exercise device of claim 12, wherein the controlling means includes a wireless receiver and the input device includes a wireless emitter to transmit the control signal to the wireless receiver of the controller.
17. The exercise device of claim 16, wherein the exercise device includes at least one handle and the input device is associated with the at least one handle.
18. The exercise device of claim 16, wherein the input device is a remote control.
19. The exercise device of claim 16, wherein the control signal is transmitted from the wireless emitter to the wireless receiver of the controller via transmission means selected from the group consisting of infrared transmission, radio frequency transmission, and bluetooth transmission.
20. A variably configured exercise device comprising:
 - means for providing resistance to movement of a user;
 - an actuation mechanism configured to change an amount of resistance provided by the means for providing resistance;
 - a wireless input device configured to generate a control signal; and
 - a controller configured to operate the actuation mechanism in response to the control signal from the input device to thereby change the resistance provided by the means for providing resistance.